





دانشگاه علوم پزشکی و خدمات بهداشتی - درمانی
استان قزوین

دانشکده پرستاری و مامایی
گروه مامایی

علایم شایع منوپوز و پاتوفیزیولوژی آن

فرناز فولادیها

دانشجوی کارشناسی ارشد مشاوره در مامایی

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Ovaries stop
producing hormones



*** Breast changes in menopause**

Aging changes in the breast

Loosing the firmness & fullness.

Changing in shape

Shrinking in size

Increasing the risk of developing abnormal growths in the breast such as fibroids & cysts.

Common changes:

- * Nipple displacement
- * Elongated, stretched , or flattened appearance
- * Wider space between the breasts
- * Lumpiness(may be due to fibrocystic changes in the breast or serious conditions such as breast cancer)

Treatment:

- * There is no definitive treatment .
- * laser treatment options(reducing the appearance of stretch marks)
- * Cosmetic surgery
- * Vitamins

Causes:

- * Estrogen (skin dryness, making less elastic, losing firmness & fullness, changing in cup size)
- * Normally occurs around the time of menopause, (45-55)

Dense breasts

- * Contains more glandular & less fat tissue than usual.
- * Different from firmness ,shape ,bigness
- * Breast tissue tends to become less dense (easier to detect breast cancer).
- * Having dense breasts is not abnormal ,but can mask potential tumors .

Hot flash

- * Sometimes called: hot flush
- * A quick feeling of heat ,a red flushed face & sweating.
- * Causes: may be related to changes in circulations.
- * Blood vessels near the skin 's surface dilate to cool.
- * A woman may also sweat to cool down her body,or rapid heart rate or chills.
- * Usually at night

How long ?

- * Usually going through menopause,
- * Sometimes a very short time
- * Hot flashes are less severe as time passes.

Preventing hot flash:

By preventing:

- * Stress
- * Caffeine
- * Alcohol
- * Spicy foods
- * Tight clothing
- * Heat
- * smoking

Preventing hot flash:

- * Stay cool
- * Try deep ,slow , abdominal breathing(6 to 8 breaths per minute).
- * Exercise daily (walking, swimming, dancing, bicycling,)
- * Try chill pillows, cooler pillows to lay your head at night.

Nonprescription treatments:

- * Vit B complex
- * Vit E
- * ibuprofen

prescription treatments:

- * HRT
- * Low-dose depression drugs like :floxitine, paroxetine,...
- * Clonidine(blood pressure medication)
- * Conjugated estrogens

Alzheimer's

Memory loss



*** One major change to the body that may cause normal forgetfulness during menopause is a reduction in estrogen.**

*** Estrogen also helps regulate levels of cortisol (which affects how the chemicals in the brain work)**

Menopause symptoms due to estrogen deficits, include :

- * Memory problems
- * Trouble finding words
- * Inability to pay attention
- * Mood swings & irritability

At-home memory boosters

- * Doing crossword puzzles
- * Playing an instrument
- * Participating in team sports
- * Reading
- * Writing
- * Learning a new language

Stress can also hurt the memory

- * Meditation
- * Yoga
- * Relaxation techniques

Health conscious lifestyle

- * Adequate sleep
- * Regular exercise
- * Healthful eating

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- * HRT can protect women against Alzheimer's.

References:

- * www.healthline.com/menopause/memory-alzheimers
- * Estrogen & alzheimer's disease, 2014 C O Brien, R Liston
- * www.lib.ncsu.edu
- * www.who.com

Quotation of the Day



“No matter how busy you are, you must take time to make the other person feel important.”

Mary Kay Ash